1-25-19

January - The end of a new year month, I am sitting in a bed @ the I-building - actually loving the Freedom yet support I Feel outside my doors.

Florida seems safe + comforting to me, I am supposed to map out the Rest of my years -

5 years, 3 years, 1 year.

I am also trying to sort out my life - what is it that I want + need? Focused on myself this time around but like a kid with Aspergers unsettled in the change.

I obviously don't know what the Future holds but also don't know where I'll be - but I would like to remain sober - although getting high - like an Aspergers kid.

what we pay attention to grows + so
what if I tried another strategy —
to acknowledge when really
hurting OR just pretend + put
out my conciousness.

1.26.19

So open your eyes to a new
a light → I have wandered
around your darkened land all
night. Cried this morning
because I realize that part of
this thick pain in my heart is
related to the fact that I
don't have either brother as
part of my life. Thats a heavy,
sad truth.

It's raining here in Florida —
I building. Actually nice to
be in I building — don't have
to deal with the chaos of
it all.

I am slowly healing in new ways — this past time was a relapse that maybe I needed.

As Lisa said, "this is just part of your journey" + that feels right.

I concentrated on Kevin last time + not myself. This time going to be different. I may go see a movie today. I don't have ADD, Do I? :)

I've made peace with all of it — somehow. Maybe it was just time — maybe this is how you mend + heal. By giving time + walking through it!

I want to imagine a different, or rather more fulfilled life for myself. It definitely involves sobriety + making some hard concentrete decisions in the next few months.

A year From now...

January 2020

1. Been sober From C + hard For a year!
2. working on Livelihood as main job/ project.
3. Living? Florida weather, but home is where my Family is..
4. Super solid single - or beginning to date/ Find romance
5. Not in Relationship Limbo
6. Eggs Frozen/harvested/ pregnant.
7. Fucking non-smoker
8. Exploring other opportunities + taking them - For career
9. No Debt + credit built.

I know that adventure must be added to my sobriety list –

And it is. I am jumping in shower, going to get my car + then see where the Day takes me.

what is my #1 goal today?

To see if you can not smoke a cigarette – without others – Babe. only

Do not contact kevin

Attend 2 meetings?

Do something fun for self.

Movie?

1.27.19

Today is the day - a day - to
Start a new. To start ace
again... I have been pre-occupied
with thoughts of K. But he is in
no position to give me what I
need. His life has been turned
upside down by not seeing his
daughter. And if I care for
him despite the fact that he
played - unintentionally with
my heart - I will let him go.
My Strategy? He is gay.
It broke my heart to see
him in this place. I think
what keeps coming up for

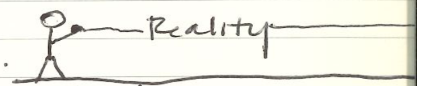
me is my brothers. How I don't
have them in my life anymore.
I'm looking forward to starting
my clinical week, really diving
into therapy and working on the
parts of me that need love,
support, and tenderness. what
Does that look like? well for
starters it begins with truly
letting go of all expectations.
Committing myself to Reality @
all costs - knowing this is
where I will find ultimate
serenity.

It involves me engaging actively in the program - with my sponsor, Going to meetings, Following the advice of clinical staff, praying, meditation - you did so well training your mind to be quiet. I have to be abstinent. I can't, don't want to, fight this anymore. It involves Focusing on all that I need to Focus on. It involves being around + being with the people who Are available to love me + give me support.

It involves true letting go —
surrender. Emotionally + spiritual
on my knees. It involves
doing the work + doing it well,
I think my age plays into all
of this — 37 + about to turn
38 without children, husband,
a clear path forward.
Not ready or wanting to let go
of the comfortability of Howard

It's the trying to deal with extremes. Do I cut off entirely + not talking - in my mind make it "ace". what is the healthy way to be?

It's either all or nothing - how do I cope with the unknown + let it go? wanting to reach out + share - my life with others.

Balance. 

walk the line...

How do I sort out?

what IF I know in my gut
that its no longer there?

what are the good things?

Can you Forgive self For engaging

Yes. It happened. Even though

I made it happen.

What were positive things about

it happening?

- I like/can Feel passion/sex

- Attraction is important

what is the residual?

- wanting to have sex

- To avoid dealing with
emotions?

Why can't be with him?

- Not emotionally available
- Dealing with daughter/wife
- Dealing with Howard.
- Emotional immaturity
- unstable

up's ↑ + ↓ downs

- Letting another person control Emotional states
- Feels Harsh - "all + then nothing @ all"
- Rollercoaster
- Not taking care of self.
- Giving over my power
- He could Die - another loss.

what can I do to improve?

- Not reach out via text and/or phone
- Not deliberately try to be around him.
- He is Dangerous For me Right now.
- Letting go, + letting God.
- Do opposite of instinct

Have this bizarre conundrum - Life is so short - Don't waste it + grab what you want. Go For it.

VS.

Let time Be. Time will heal. Time is on side + only way

But

what IF I don't Feel like I have a lot of time?

So... simplify.

- Keep it simple.
- Let go, let god.
- Inward Focus.
- one Day, @ a time.

1/27/19

It's been a strange weekend
what I feel in my gut is tha
It's over - @ least for now +
probably a long time. what I
know now is that he is hurting
doesn't respect my mind enough
think I have anything to offer
thinking I am obsessive (I am
compulsive (I am); and clingy
But those are only parts of me
only parts of the disease.
As a service, I need to let go
for him. And I am - but I
still want to be his friend.
Although is that possible?

Is it possible to just be a
Friend? Time will tell. I am Feeling
Stronger by the Day + really trying
to keep the Focus on me + have
Faith. Real Faith. That things
will work out + be / I will live a
life beyond my wildest dreams.
I will For now, use the Fellowship
as my higher Power. I am
going to do 90 in 90. will make
the 7 am meeting tomorrow
@ crossroads and have a Full
day of therapy + Focus. I
get a massage tomorrow too:

I think he is rather immature –
he gets uncomfortable being
around me and I hate that.
His entire disposition has changed –
and he did say that it won't
be like that Forever. But the
guy who I thought I was
Falling For is no longer Here.
It's just not him anymore.
I want sobriety at all costs –
I am willing to go to any
lengths to get it. I want a
miraculous life – Filled with
things, people, + places I Love

A Few things that were said in meeting that resonated with me –

1. Accept your powerless – over situation's. The more I try to hold on, the more I will lose.

2. Align values + virtues with who you are – in <u>all</u> that you do.

what do I value –

1. Integrity
2. Honesty
3. passion
4. Kindness – random too.
5. Respect
6. love
7. Family
8. Humor / Fun
9. compassion
10. Justice / equity / equality

I do value myself. I value the woman I am. But I'm not honoring Her.

I also think that we won't end up being together – I have no more illusions. Things that really make me wonder / quiver – and I saw it the first night I was with him. when he kicked me out of the car + left me to walk home.

1. Doesn't give a damn really – Super self-centered
2. Never asks about you or Follows up on anything – Can't be bothered.
3. Constantly spilling – could be something else though so not trying to be judgemental
4. His looks sometimes make me uncomfortable

Bottom line: I don't think he was who I thought he was

what I Focus on, grows —

So that all I am going to

Say For Now :—

I have to get up Early For

meeting - 90 in 90 .

1.28.19

I am grateful For another Day.

I am grateful For my Father.

I am grateful For the bird that

Sang outside my window when

asked For Peace.

He is Here with me.

Dear Kevin,

when I First met you, I Felt an instant yet unattainable attraction. I was also surprised + happy that there was someone my age - From my area - + Felt a Familiarity. The First week of treatment you were gone and I was Focused on myself but in the back of my mind - I wondered when you were coming back.

we spent that Friday together + again I Felt a mutual attraction - this is where it all began.

The text messages - Flirtatious in nature -

The First night we were going to
meet, I didn't call you + and
as I was walking home let you
know that I didn't think it was
a good idea. You were disappointed
saying I left you "hanging" + so
I gave in + we met.
Kissing you For the First time -
was magic. I remember thinking
that I could just kiss you
Forever - and one thing led to
another and we were entangled
in each others arms + had
mind blowing sex. Towards the
End - your wife called and
you rushed to kick me out of

the car - I smoked a cigarette
while you sat in the car talking
to her - and I remember thinking
this is a disaster. You came out
+ told me you had to go - could
drive me home but I insisted
on walking. I cried on my
way back - thinking about how
incredible an experience but how
awful the ending felt. As if I
had just been used for sex -
a street walker - there was
~~no~~ no peace in my heart.
A Familiar Feeling came over
me + I vowed to let it be

Eric Dengler

you texted me how sorry you were
for how it went down and asked
if you could make it up to me.
And so it continued.
Your text messages + sentiments
became stronger through the next
few weeks. my last day with you
we/I cried as you held my face
+ told me that the future was
unknown...
we made the decision to not
communicate over the holidays —
you wrote me a few mornings
later - the 23rd - saying how
much you missed me. said

you knew you shouldn't contact
me but couldn't help yourself -
that you wanted me to know you
were sleeping on the couch +
I hadn't left your mind.
The texts + sexting continued from
there - sending each other pictures
+ making sweet promises.
You begged me to see you the wk
of the 12th. saying it would be
a "crime" to not see what still
existed outside the bubble.
I was conflicted - b/c I
didn't want to be a mistress +
honestly didn't want to be
"that" women to your wife

But I came back to Ocean Drive, conflicted + needed to process - both Tracy + Randal were out that week + I let it out after being told to "talk about it" - that it would release the power. I became more confused + ashamed of letting our business out in the open.

A few days before New Years - you text me @ 5 am + began speaking sexually - then ended abruptly + it felt bizarrely familiar again - I felt used + thought it was selfish.

I may not have been experiencing a good sex life @ home but I did have a partner who thought about me + my needs before his. I wrote you a text that you should concentrate on being @ home. "How can you see if anything possible with your wife when you sexting me @ 5 am?" You asked me to "let you think about it" and hours later said you thought I was right. But that you still wanted to see me on the 12th weekend. Our conversations / contact got more sparce. ~~+ you~~

I have to admit that although
it's what I had said, it wasn't
what I wanted. I text you
on the 8th/9th to ask about the
12th weekend + you responded
that you were conflicted + didn't
think it was best.
I broke down + numbed my
feelings in cocaine.
we didn't speak for the next
10/12 days + I grieved what
I thought was syncronicity —
the spark I had desired for
so long — I was finally
coming around to letting it all
go with you + then receive

a text on Tuesday the 22nd —
"You haven't left my mind —
I relapsed" I am ok + going to
Caron - no needles - my wife is
divorcing me. wish you were here
I'd like to get sober + try with
you... but if you don't I'll
understand - I guess I wanted
this to happen on some level"
It was what I ~~was~~ had wished
for ~~but no~~ (minus relapse) but
didn't think it was possible.
on Friday the 25th - you
once again went radio silent
saying you needed time to
figure shit out.

I want to make it very clear
that I 100% agree that you
can only focus on self right now.
You're life is @ stake -
But for my health + sanity -
what am I supposed to do with
these emotions? The Rollercoaster -
you telling me that "you were
on heroin, + had just been kicked
out of your own house" while
writing me those intense texts -
makes my stomach churn - feeling
used. An innocent victim in your
twisted / wicked games.

So where do we go from here?
I have been working on letting
go but I don't want to resent
you. I am here for sexual trauma +
loss - both you have healed +
hurt. I have a part in all of
this - that is my work.
How I let myself get involved
with unavailable men
who can't give me what I need
Maybe this was a fantasy
I created in my head. Maybe
you too are like a drug -
addicted to the feeling of
being "safe" - made by another
or the fact that the sex

was incredible for the first time — in a long time. whatever it was - feelings were felt + remain unsettled. I think it is best we talk. in person.

1/30/19

so thankful that January is almost over - c'est la vie! 1.27.19 is my date + goddamn it It better be my last. I've had one of my hardest days - my sex drive is out of fucking control. Like literally, I am in heat.

I told Kevin the truth about how I was feeling - felt exposed + vulnerable so didn't go to dinner. Needed a break from seeing him. we are supposed to have a therapy session on monday and I am still unsure of it all. There is a piece of me that wishes

I didn't have to do it. But maybe it would be healing and then again maybe it would open up more wounds that will take me longer to adjust + get over with. I am going to give it a few days + see how I feel. I erased his number from my phone — so can't contact him unless he is to contact me which he won't. I think I need to have sex in order to feel good about not having sex + to get it over with. Neil's friend is a sex addict which might work out well.

I know its not the healthies way to deal with things but @ least its better than drugs. I am focused on myself + my needs + sex seems — @ least at this moment to be one of them. I don't know if I even need to kiss a guy — just come over + fuck me — sober. I think I'm going to go to the AA meeting tomorrow night. And maybe he will be there? maybe not. But I have always been boy crazy. I remember pulling up my skirt in 2nd

grade and showing the boys
my underpants. Hyper-sexualized
@ a yung age. what is this
due to? was I molested. I
think so - I can't remember
specifics but I do remember
trauma - I remember not liking
the woolzacks house; I
remember somewhat being
sexualized with caroline; I
remember having sex with friends
@ a yung age; showers w/
my dad (probably not appropriate);
Being turned on when I
wasn't suppose to be. I

remember the Q-tips - I hated
getting my ears clean; beating
my vagina due to overhearing
parents having sex;

what made me so Attached?

- my mother not emotionally available -
- my Father was - message - I could get love From men.
- "I'm not your mother"
- Blanket being taken away
- not letting myself go to bathroom
- Being wiped until too late in the game -
-

I could list all the Reasons -
But I can't seem to Find

The solution.

1/31/19

The last day of February!

Thank you Lord Jesus. I am getting better each day + realizing it was the intimate connection that I am grieving + got obsessed with. It's been a long time - but its not him. He is a sweet guy but I honestly am not that internally attracted to him. He is emotionally immature - aren't we all - but shows me how I don't want to be + what I won't stand for

in my life. Today, I feel it isn't necessary to have a convo with him - what's the point?

I would rather have the mistake + take the lesson. what did he teach me? - That intimacy is so important to me. - That falling head over heels isn't necessarily healthy • That I choose men who are unavailable to me. He also taught me about my own pathetic/immature/needy behavior that I would like to change.

I don't need to be needy. I need to be self-assured +

confident that I can + will have what I desire.

what do you desire?

- Livelihood 2.0 - Financial independence
- A brown haired man who is affectionate, stable, + kind + smart to live my life with
- Children - a family of some kind
- A happy, adventurous, + passionate life with a happy, adventurous, + passionate partner.

When I am certain that I'd rather be alone than with just anyone - I will find him or he will find me.

You will have all you desire! Trust the Process. Trust yourself + your ability to manifest all your Dreams. You go this,

Ashley Blazer Biden

Prayer

"Please whoever you are
→
Please keep sober today"

"Thank you for keeping me sober

pg. upon Awakening + @ dawn
86

pg.
417 Acceptance

Big Book -

AA Big Book App - Free

Text - Everyday

Pro's + Con's

Praying to be ok - to love self. ~~H~~elp me love me.

Other Assignments —

1) 5 Gratitude each day
- Nothing can purchase

2) Pro's + Con's list of Kevin

3) Affirmations.

4) Set Boundaries for me

Reason, Season, lifetime.

Continued Relationship with Kevin

Pro's	Con's
Insane/deep sex	Wife
Kissing - like smell of breath	Child
[redacted]	Wife not having him
	Started relationship when in another relationship
	[redacted]
	Get hurt b/c still in Relationship
	might go back to his wife
	Daughter resents me
	Wife calls news storm
	Not sober + dies
	Emotionally unavailable
	Reason for having
	Ticks me off - Again.
	Back + Forth - instable w/ emotions

Pro's	Con's
	Not feeling safe anymore
	Feels guilty - both of us
	No undying commitment to another
	Not available to meet my needs
	Long distance
	No Romance or Real intimacy
	Doesn't know who he is Yet.
	More time focused on something that may go nowhere.

What are my boundaries -

1. open to seeing/exploring if seperated
2. open to intimacy again in future
3. No back + forth with my emotions
4. Needs to be sober to engage
5. Being honest with me about state of affairs - is he really unhappy
6.

1/31/19

The last day of January - for some reason the 27th just sticks in my head as being a great day. My ego always in the way. I met a woman @ meeting last night + she was holding a baby - 2 months old. She doesn't look like me, don't know how educated, just totally different. Yet she helped me more today than anyone has - maybe I was ready to receive it all. I am so grateful. I feel as if a weight has been lifted. One day @ a time.

2/1/19

February! Hooray. That much closer to spring... although I need to stay present. And be grateful for today. I had some up's + down's today. Started the day with boxing! which was incredible. Going to go Sunday as well. And next wednesday + Friday. Kenn + I are having a therapy session next week which will be difficult. — + super ackward. But it will provide me with closure that is needed. I am going to head to meeting tonight @ 7 pm - marshalls for clothes + then maybe a movie?

Tomorrow I already have my day planned - Getting up in the Am - 9 am + going to the gym - then Home to shower —

9 am - gym
10 Am - Shower/Home
11:30 Am - Lunch @ men's House
2:45 pm - Single process + blow out
5 pm - Dinner?
7 or 8 pm - meeting
Hang with Neil?

Sunday

7:30 Am - gym/boxing
Beach with Beau
11:30 Am - Brunch @ women's house
Beach During The Day
Meeting @ some point -
5:30 pm - Dinner
Superbowl @ guys House

Monday

Clinical schedule.

when I Love - I Love so hard. And I get Focused on them - their love. Their need For me to be loved. Their validation. Their Something...

Here I am talking about another man when I am married! It all Feels strange. And disjointed. But what is the common theme in my life? That I keep relapsing + I just can't this time around. I need to stay sober long enough to see the light @ the end of the tunnel. I keep relapsing over + over again. The longest period of sobriety was almost a year + that was horribly painful due to the diagnosis. I haven't been sober in so Fucking long + need to get sober + stay this way... long enough to Find inner peace + happiness. I am worth it. I'm 37 years old + this needs to happen - I can't waste any more time.

I got my ass to Shabbat Dinner - met Darren + Sunny. She is the sweetest little girl — She drew me a rainbow - I thought about how nice it will be to one day have children -

Reframing my life.

2/2/19

Early morning - The sun has not yet shown it's shine. to thine own self be true. I have to continue to walk in Faith - that everything should be exactly how it's meant to be. It is one week today + I'm feeling more settled - in that knowing. God has a plan for me - one that I can't know right now. And thats all I need to know - for now.

I have struggled for control - for absolutes. For some assurances that I will never get as long as I keep struggling. I do know that I would like to quit smoking for my health.

2/4/19

Hunter's Birthday. yesterday was Beau's Birthday - had a beautiful day @ the beach + in the sun followed by a meeting and blew out a candle after the meditations where I prayed for him. Things with kevin have been really friendly + stable →

He actually text me the first
time last night to tell me he is
glad I had a good day on Beau's
Birthday. I have a therapy
Session with him tomorrow which
makes me nervous but think will
provide closure for both of us - it's
been a rollercoaster of a ride -
I guess tonight I will figure
out what I want to ask +
what I want to say...
He is home today signing papers
for his new house. I am
staying an extra week + will
go home next Monday after

group although I don't want to -
Started hanging out with a new
guy, Eric, who has been through
a lot and is clean + sober these
days. He lives in Florida. And
he is so cute... has his own style
and swag. It's been refreshing
to be able to kiss another man -
he is a great kisser. And he is
Calming + sweet. I can tell we
both could fall for one another -
And thats a little scary but
taking it day by day b/c you
never know what the future holds -
I'm thinking about a more

$| 45,200.|

down to Florida to get my 6 months under my belt. I could wrap things up @ home + make a move. But I'm going to stay in the present. stay in today I have a lot of work to do in the next week + am going to Focus on getting it done. Babs leaves on wednesday – I am so grateful for her friendship – she has been my Rock + keeps me happy. I'll finish out the week here + then go ~~home~~ –

moving to Florida

Pro's (8)	Con's (9)
Recovery community	Away From Athena
weather	Away From Family
Time to be w/ people who don't use	~~Family drama~~
Away From Family drama	
Space to Focus on only me	
leaving Job	leaving Job
Time/space to figure out marriage	Don't move For a man
Sponsor Here	

I honestly think he is out of my system - the man who he was - with me - is no longer. Neil had a meltdown + said I was putting others @ risk, was full of shit about my own recovery, and couldn't be in my life anymore - take care. what I realize is that I've been trying to re-create a relationship with my brother that is no longer in existence. I need to confide in women and not men.

Started spending time with Eric - I like my time with him. He is easy, fun, smart, sweet +

gives attention that I know I need. It's like each relationship get me closer to where I want to be. showing me more + more of what I want. I won't see him tonight. And that's ok b/c I'm exhausted + I'm sure neil has also gotten in his ear. Did I mention that Kevin is an after thought? Kevin gave me what I sexually needed but not emotionally. I can see now that he wouldn't provide the love, support, + attention. He doesn't have the empathy needed or the sweet side —

I know that Eric does but also know that Eric isn't ready for a relationship + has been known to drift outside. I am not sure what to do with how I am feeling other than focus on myself + let it be. I so wish I could see him tonight - just lay with him but it will be too late + I need to prepare myself for him abruptly walking away —

2-7-19

owning my power + realizing that unlimited happiness resides within. He didn't call last night + it worried me - became a little pre-occupied and I didn't like it. So today I focus on continuing to own my power and not attach to him to make me feel better. He said he left phone in car but who knows — I have faith that I will be led to the person + down the path that is right for me. I am working on letting / not letting others control me or my emotions - its not a healthy space to be.

The truth is - everything I thought I knew - ended up not being entirely accurate. Kevin was soulmate + we were going to end up together. etc... what I know now is that feelings change, situations change, + I am looking for stability in myself. I don't know much but do know that I am on my way to finding it.

2-8-19

What is my part in this? My part is that I spoke to too many people about my situation with Kevin. I asked for too many opinions and tried to get validation that I am good enough, sexy enough, hot enough etc... And for that I am sorry. It's over with Kevin and he has to deal with his own drama. I don't think after this that I will be able to look at him the same way again. I am going to walk away from this all with my head held high. Kevin is emotionally immature as am I — I realize

It's not what I want anymore — so maybe thats the gift in this all and the lesson that I should <u>only</u> tell people I trust and who have my back - about anything. It's about being a woman and not the little girl. I think I re-victimize myself over + over again. I should never talk to men about sex or any of that bullshit.

2.9.19

He came over this morning — he fell asleep with his phone on vibrate. I over-reacted + now see how I can get so ahead of myself. In my mind, he was on a boat with other women and ignoring all my texts. I think he is nervous too about where this goes — and I get it - but I will only do everything with kindness one day @ a time.

2.10.19

The morning. Early mornings. Kevin didn't come to dinner last night - he has been avoiding me like the plague - mean, cold, + distant. I guess thats his go-to and better I find out while here. His behavior + words manipulative - I'm not great at dealing with all of this yet I have tried + am trying. I keep thinking that a move down here will be good for me - but then I question myself.

I don't want to move down here

For anyone, any relationship, and

need to make sure I'm making

the right move - literally.

I trust no one. It just really

goes to show — you don't know

Someone until time passes.

good	Bad/ugly
Sex	Emotionally unavailable
Looks	Back + Forth
standing	Not able to communicate
	Appears one way, acts another
	manipulative
	contempt
	Stonewalling
	cheats on wife
	gas lighting
	Ego
	not affectionate
	immature
	Harsh

what are the qualities that I

know I need in a partner?

1. Affection ✓
2. kindness ✓
3. Sweetness
4. Sweet nothings ✓
5. Humor / Laughing ✓
6. Attraction ✓
7. intimacy ✓
8. passion ✓
9. Loyalty ✓
10. trust / honesty / vunerability ✓
11. Stability but adventure
12. Adoration
13. intellectual curiosity
14. Independence
15. curious about me
16.

2-10-19

He is still in ♡ with his
girlfriend - what the Fuck - honestly.
I'm an incredible catch + don't
know if just trying to fill a hole -
Have a difficult time being alone
although last night woke up
Feeling sick to stomach + that
I was getting sick. wanted to
be alone. This recovery thing
takes awhile to set in each time.
And the situation with Kevin
is a blessing in disguise b/c I
am getting over it all. He is
up one minute + down the next -
he is not kind + has treated
me like an asshole - and still
I remain kind b/c thats what
I want to be but I do know
that I now have boundaries -
+ no longer possess these intense
Feelings. They have faded away -
even my desire to be around
him. And so...

2-11-19

It's manipulation has it's finest -
we will learn a great truth -
The plan will happen in spite of
us - not b/c of us. Sexual
Abuse for sure - weak boundaries

The day ended up on a positive note. Had a great clinical day. The lesson that I learned is I am either completely "put together" and could run the group OR I am the 6 year old little girl on the bench. There needs to be a happy medium. I don't have to be completely closed off or completely immature, dependent, and young. A good skill for me is when I am feeling the little girl want to respond - I acknowledge her. "I am Ashley Blazer Biden + I recognize my 5 year old self. I acknowledge her but the grown-up version of me is now going to address her while caring for her. I was given the hunger games to read as an assignment.

Kenn is actually coming around + being sweeter. It's interesting how there are two very distinct sides of me that I would like to meld together. Tomorrow is going to be a great day. Getting up early, meditating + boxing, full clinical day and meeting with sponsor - then meeting - business meeting.

I probably won't see Eric tomorrow + I'm ok with that. It's getting easier to find my time + space — with only myself. I wish I had 2 more weeks here to really hone what I am starting to learn. But going to make the most of my time and plan on making a move down here. It's only going to be temporary — although I do love my time @ home.

I want to spend the weekend with Erica if possible — I will be finished the program Friday + leave on monday.

The transition will be difficult for me — this I know for sure — But I have much to do — in the limited time here/there + it's time to make moves.

Schedule for tomorrow —

6:30 - wake up / coffee
Shower
7:30 am - leave for gym
Have to do treadmill, stretch + meditate
8:30 - 9 am - Boxing
Shower
Group

2-12-19

learning to fly with half developed wings... Coming down is the hardest thing. It's gotten weird again — up + down. It's really disconcerting and horribly discouraging. I am really trying to take deep breathes and relax into the woman I am and that I want to be — but it's challenging for me — it's abrupt and it hurts my feelings. I would like to explore + have closure around the situation — but will wait to see what Randal says —

2-13-19

A little fearful of what's to come...
Feeling anxious but that just means I am living in the future. I must remember to stay present in today — otherwise this sobriety thing isn't going to work.
How can I stay present today? Today is all I have + I can repeat that "wisdom is all within".
It has been one of those days where I know I've done nothing wrong but I also regret some of the desicions I've made + I seriously miss how it was.
Randal told me that I need to

let it die + that what will be -
in the future - will be. The only
way it will re-ignite is if one
of us - both of us - re-engage.
But, I wonder if he has
boundaries for me. If he'd rather
I not reach out in the future -
letting it go. Dissolve + taking
the lessons learned. Finding the
silver lining in all the chaos.
I keep my heart open - +
I find solace in that to hurt
was never my intention and I
deserve more than what is
being offered. I am a warrior
princess - with a lot to give.

Heart palpatations - Anxiety super
~~increased.~~ Started new drug that
feels really off-putting. I started
feeling that, "Please don't go -
will I see you again?" I miss
him already.

2-16-19

They say everything happens for a reason + some people only come into your life for a reason. I know I was meant to be here with Kenn - to truly let him go. He wasn't the man that I needed/wanted him to be. He is a descent man with a family that he should bring back together. I think our impulses, compulsions, + obsessions brought us together + gave us rose colored glasses — God has a bigger plan. It's now been 7 days since my last cigarette + I don't think I

can and/or will be going back there. My energy levels are stable and feel 0 desire to smoke. When my mom worked me up this weekend - I grounded myself + I breathed - It actually worked. My system is off but getting adjusted to new medications. I need to drink plenty of water + going to use the gym later on today. I don't know how long + I do know that I can't/won't intentionally But who knows he may even find his way back to her. We are so different in many ways —

our background, maybe some of
our values - but we both share
simillar joy's + jokes + sensibilites.
As he told me today, he is a
breath of fresh air. He is racist
but doesn't mean to be - I
will educate him, As best I can -
and we may find our values are
too different + then we will
deal with that. Cross that bridge
when we get there. He does
understand that its wrong + I
think he is willing to make
changes + open to doing better.

That was how he was raised -
and only completed 10th grade.
He doesn't have a high school
Diploma or college education
but he has a sensibility, a
resilience, an attitude, and a
way that is so refreshing,
light, and makes me happy.
All the education in the world
couldn't make him like that -
this is what I ♡ about him.

2-17-19

I am pissed, Freaking out, + acting insane - thinking of Howard - my husband - with another woman! It's actually not Fair + not right. I have been with other men + It's just not Fair @ all. why am I Feeling this way and do I need more time to try and Figure it out? Does this mean that I am still into my husband?

It's about giving it time - the impulses - The reactions - I need to pause. Relax - take a walk - Do something that distracts me!

He is probably sound asleep but definitely not healthy. It makes me sad but he is an enternal party boy. I do think that if that was different things may be slightly differently. I do think that he uses much more than he should + could have a slight problem. I don't know who to approach this conversation

Florida

Pro's

- Time Away to Figure out what Ashley wants
- Recovery community
- Caron Therapists
- Work on Recovery + time to get it right
- Get away from pressure

cons

- Away from Family
- Summers away from Home
- Giving up security (Also a pro)

Con's

- Old haunts
  - ↳ Friends who use
- Know how to easily access drugs
- Family drama
- Known for name
- Philadelphia makes hard to move on from Howard
  - potential to stay in relationship
- DE reminds me of Beau
- Regret not taking chance
- People, places + things
- Boredom - Feeling "Stuck" - "Is this it?"

Monday

7 am - workout
8:30 Divas
10 am - Fed Ex - Send box Home
12 pm - Caron Fax notes + say goodbye

2-19-19

I've left Del Ray Beach in flight to La La Land for an exclusive Executive Producer dinner event. Eric dropped me off - had an amazing 3 weeks with him. He made me happy, made me smile, feel loved, and wanted. He was vulnerable with me in a way I loved - felt super safe in his presence. He admitted to me that he was/is smoking pot - that his perogative. I know for me - for now - I can't smoke or do anything. It just feels too good being sober.

Is Eric up to Howards or my parents standards? NO. He is a surfer - not highly educated - barely knows his grammer/ but he does know how to love — how to treat me like I need to be treated.

He gives affection in ways I only hoped Howard would. It is light + fun. I have to remember that these were the feelings associated with Kevin - and they passed. I need to slow down + give myself time + space to breath. maybe 6 wks away from him is actually not such a bad idea.

I think I gotta slow my roll
a little + put the focus back on me +
my recovery. There are many loose
ends to tie up and I am moving
a little fast. I am crazy
attracted to his height, body type,
+ psyhic. All I know is that
it feels light + heavy at the
same time. I'm different than
my family. I never gave a shit
about all the rules, ways, how to
be's, and make you feel less than
for not being. He reminds me
of Jamie Alano. Taking me back
to my first - one of my firsts - loves.

I also haven't had my period yet
which makes me slightly nervous
but I'm expecting one any day now!
This has been a really crazy ride
thus far - what a tragic +
amazing journey.

Howard / Marriage

Pro's	Con's
♡ one another	Don't share similiar interests Guns vs. Fashion
Family's ♡ Lil	No sense of adventure
Value - Family	Content @ Jersey Shore every weekend w/ Family
	No Language of ♡
	Casual user
	lying (white)
	No intimacy

Don't kiss

Built up resentments

Don't like friends / can't hang out

What values don't we share?

→ loyalty

→ Financial

→ Intimacy / Affection

For so long the softer, shyer, quieter side of me has been in hiding. The sweetness that once encompassed me + wrapped me up left me when my brother died. All of the affection - all the trust - went out the window the day that Howard went ahead with the feeding tube. I have forgiven - but don't think that I am able to get it back.

Things you do want —

1. Affection — holding hands, kissing, hugging, sweet forehead kisses, face rubs,

2. Laughing → making me laugh + able to laugh @ meself

3. motivation / Desire for reaching goals / dreams

4. Spontaniety —

5. passion —

6. takes care of others
   - ↳ says "hi"
   - ↳ welcoming

7. social justice

8. Health

9. Honesty

10.

2-20-19

Feeling needy - ping ponging between men at this point - even though I am liking / interested at different times + for different reasons. But feeling out of sorts. confused. Not knowing how to navigate this situation. I adore Eric but he is young, immature, and not entirely motivated. He is my surfer dude - reminds me of Jamie Celano. The good news is that I don't have to make any desicions now, although it feels as though I do. I put a lot of pressure on myself to figure

everything out. If Dad runs
it truly messes up everything with
homebuy, It all makes me nervous
But thats not happening today —
I have to Stay in the moment —
it all Feels heavy but need to
keep it easy.

$ 2,529.45

March 1st - After 12 pm
4th

2-22-19
Feel Sad today after seeing
Howard. Maybe I do try to
make this marriage work.

Write out plan —

Goals/planner —

Money/Financial —

work - what - where —

Financially supported — How?

[redacted] • weekly calls w/ Jonathan •

II·24·19

Holy crap - here we go again.
Not going down that rabbit Hole -
So much has happened. my marriage
is over + it breaks my heart in
two, There are no Feelings of
"I need to be with him." -
"I need to see him." - "I need
to kiss him.", I am chalking
this up to an oops and moving
on From here. February 23rd -
Keep moving Forward, Blaze.
I have to keep it together +
pray that I am moving into the
unknown - what am I doing?

Plan For Retreat -

1. Do I announce that Resigning?
2. Get to know you
3. SWOT Analysis
4. where we are + where are we going?

I am letting Fear control me +
my next moves. I have to have
Faith that I will be able to
make it happen. Am I doing this
For the right reasons? Am I
making sound decisions. How will
I know without staying sober +
moving on From a place of love,
hope, + clarity, Fear has taken
over me. Fear is the opposite →

of love ♡. I have to walk in
Faith and back up a little from the
comfort of another man. He is so
easy to love - so present, affectionate,
and loving but I know it isn't
the way to truly deconstruct my life.
I must focus on self + my recovery.
The last thing I want to do is
do any of this for anyone else.
Is this where I am suppose to be?
I am finished with my work
here in Delaware - I do know this
place is no longer safe for me or
my sobriety. People, places + things -
all of which I am here again

with + no of which keeps me
sober. I must figure something
out sooner than later. Maybe I can
see if my parents would give me a
loan? I don't know where to turn -
maybe I turn to Bobby McGlinn?
I feel as though I need $ to
be able secure my livelihood -
I don't know what to do anymore
who can help with funding?

1. Bobby McGlinn
2. Howard
3. Mom + Dad.
4. Babs?

Sat, Sun, monday, Tuesday

How am I here?

2-25.19

Feels crazy. All anxiety producing. Nothing I can do about it today. But do the best I can + take it one day, one hour, ~~at~~ a time. I told Kirstin that I am resigning as ED + she was shocked. But super supportive. I have to have Faith that this will all work out. I must have Faith.

Rx - 10504159
Rx - 10453048 $

Rx - 10473818
Rx - 10489404
Rx - 10485587

Ax - 10608554
Rx - 10497336

2-28-19

Twas the night before solitude
and all through the house ... not
a creature was stirring, not
even a mouse. Preparing for the
unknown... I feel like maybe I
should get a hotel room - a little
limited on money at the moment.
Babs would assist if need be.
I'll figure it out. I'm assuming
he is still picking me up?
I'm just going with the
flow. He was angry as fuck
tonight on the phone. I do
pray he isn't using.

His phone is off. I would
feel responsible on some level.
I have to lean in to all this
discomfort and find my way -
It's just cloudy night now.
What's going on - in here?
Should I try to call him
back?
Maybe this is my respite. But,
it will feel different not having
my own place? Why am I
going to stay with him?

Break Away

3/1/19

A peaceful place. It snowed this morning and so I slept in and missed my flight. Eric is being bizarre - states he is sick but I actually think he used the other day. I can't really know what going on b/c I am in DE and he isn't being very responsive. I feel bizarrely in a space of confusion yet peace.

Trying to find my footing — on my own this time. Who thought I would be single + childless @ age 37. maybe I did?

Day one for me. It just makes sense for my life, mind, energy, and future. There is no rhyme or reason, well there is a reason + those reasons are greater than my desire to use.

It really is about taking my life by the hands and dancing — moving to the beats of life — finding my rhythm and waltzing back to myself - my wants, my needs, my desires.

What Do you want from this Life?

- Passionate ♡
- great sex
- surprises
- Adventure
- Laughter
- play
- justice
  - Friends
- wide/open spaces
  - Restorative practices
    - Emotional stability
    - mental wellbeing
- Fun clothes + Fashion
  - creativity
-

I actually think he relapsed + isn't telling me. It hurts my heart to think that he is using + that I may have triggered it. Boredom is deadly for me. It is the main reason for use — But not going to give in this time around. I have to stay strong during this next chapter of my life. With or without anyone by my side + most importantly when no one is by my side. Sobriety is the last link to true Freedom. Its the last chance I have @ making my dreams

come true and I can't do anything to jeopardize it. Some people come in your life for a reason, a season, or a life-time. Maybe Kevin came into my life for a reason; Neil came into my life for a few seasons + homeboy came into my life for the unknown. How much can I write out of sheer boredom?

2-6-19
mercury Retrograde. Pisces. Thats the reason and here's to a new Season. I did it. I Changed the trajectory of my world For a short period of time or Forever. I did something For me, by me, and to me. I gave myself a gift. The gift of self love + respect. I manifested it all. those powers are real. And I am learning how to use them For the good of myself. Grateful today. Really grateful.

2.6.19

First Day of Lent. Giving It up to my higher Power. went to a meeting with Hallie + "Raise me up on Eagles wings" was playing in the background. Kevin Lenane text that he was sorry For how he treated me. overall today was a good day - I am grateful For 1) Hallie 2) Chorus 3) Apologies 4) time 5) The strenght to be alone.

2.7.19

First Full 24 hours and Feeling good - Settled. went to a morning meeting with Hallie. She has been great since I got home + I am super grateful. let go, let God. one day @ a time, It will all work out if I let it. Eric is still in detox and gets released this time tomorrow. I am Feeling neutral with the entire situation. I'm not obsessing or concerned - I know life will bring me what I need in time. Its trusting the process + letting go —

I have a call with mom + dad this evening @ 8 pm. I have to practice patience + tolerance for their Feelings + all that is said.

2.8.19

And so, we start again. This gets really old. I am getting old. I had to block Kiaddi b/c it just isn't good for the two of us to hang out. I am red, inflamed, and staying in doors today b/c I have to.

Eric left detox + called me this morning. He seems

Sweet, distant, tired, and confused. It's a lot with me moving and Dad potentially running. I'm going to a meeting at some point today. I will not continue down this path or live this wasteful life.

3-9-11

Addiction tears lives apart. Keeps people in a cycle of nothingness, anxiety, and worry. I am committed to this new way of life via my actions.

I Feel different this time - I Feel "ok" with being alone + doing things on my own. This shift came in Florida when I was Forced to Figure it out on my own. I'm not scared like I used to be however I do have moments of doubt. Am I making the right move? Leaving behind my dog, my Family, my home. I do Feel like a change of scenery could do me good but I do wonder if I will get lonely.

Joe Biden without question
has the best chances in a general
election, That is what the news
is reporting now. I think it
might be the road to recovery -
I've been vulnerable + being
courageous as I can be.

3/12/19

So... we are running. Announcement
will be in April or Early May.
It is all super anxiety producing
but I just have to take it one
day at a time + relax.
I know the move to Del Ray
will be good for me to get
away + really focus on my
recovery. I just have to stay
relaxed and confident about my
decision to get really stable +
really healthy. Is a move what's
going to make the difference -
how do I know? How do I
know that I'm making the

Right move? Literally. I'm
nervous that I'll get closer to Eric
+ then will have to detach from
him as we move further into 20/20.
He isn't the guy that I would
normally go for + def wasn't trying
to get my feelings all mixed up
in it. But it's happened + I have
to trust that God has a plan
for me that I can't yet know or
see. I wish I could just go
back to loving + living with
Howard. Back to a settled marriage.
Back to happiness, love, + joy.
But those days have passed +

I'm not certain they can + will
return. I do know that I have
to stay away from the Devil - it
only brings me more anxiety, fear,
+ pain. There is nothing good
that comes with that.

3/16/19

I relapsed. Fucking again.
Insanity is the definition. Always
hoping it will be different +
it never is. Stuck in this
cycle of "Fuck my Face, Repeat"
It's insanity at its worst.
There is nothing to do
anymore other than just

Stop doing it. It makes no sense. Eats away at my self-esteem + I am isolated for days at a time. I had all these plans for today + finally was feeling good again But when I feel good is when I'm in danger. The difference this time around was that I told Elizabeth, mom, + Dad this morning. Mom + Dad worried but incredibly supportive. I am so lucky to have them on my side. They've never given up on me.

E has also been so supportive He asked if he could come + stay with me for the next few days - timing is off + not right but a sweet gesture. Its kind of nice to have someone who understands my struggle + who doesn't shame me but rather lifts me up and continues to encourage me. Howard is absolutely seeing someone else He doesNt call, doesn't really care + is pre-occupied half the time. I guess the same is happening for me +

so I can't really make a stink
about it - although I am hurt
beyond belief. when I think
about the fact that he didn't
come visit me in treatment, I
am actually crushed. He gave up
on us the moment I went away
+ thats just the reality of it all.
I miss my doggie - wish she
was here with me. I picked + so that doesn't make sense to
see him. what a crazy
transitional period in my life.
I feel so out of sorts. so
disconnected from my former

life + @ the same time there
is a lightness - of doing things
differently - finding a new way
to live. making it on my
own. Depending on myself
for life.

3/14/19

Feeling stronger + better than
I was - yesterday was a
doozy. Today I feel slightly
anxious and not particularly
grounded. There is the voice
inside me that wants me to
get .... but its never been
different. It never works out

the way I planned. It's insane and my ability to forget despite negative consequences is what you call addiction. The restlessness is real. The limbo feels super unsettling and I long for peace. Trying to take the vain approach - that it negatively impacts my looks, hair, face, body, and overall health. How quickly I forget though + think it would be a good idea. when the consequences cause me so much pain. Angela is in rare form this past week.

She has been moody + completely unavailable. I'm just ready to move away from all the drama. Going to spend the next few weeks - two to be exact - getting myself as healthy as possible for my trip down. Starting yoga again on monday and hope will continue. Hallie + Natalie go to Abu dabi for the special olympics so will be gone the entire week. I think today I will organize my clothes + start sorting it all.

3/23/19

This Day next week, I will be on my way to Del Ray beach Florida, I Feel a little underprepared but not much I can do about it. I'm doing the best I can. I have to clean out my car entirely + pack it up I have so Many clothes so it's going to be harder than I think I think I'm going to try + get to a yoga class today and/or tomorrow. Tonight I have dinner w/ Kate Boehner. I have to make sure I am keeping a tight budget - 40 k to last me

@ least 6 months. It all Feels like a little much. But I am confident that I will do it - there is a piece of me that Feels that I should get a U haul - B/c I have so much stuff to bring. I was going to pack the car without bags so there is more room - but it ain't going to be easy! Especially with a tall guy in the car. I can do it all though + I'm going to - It's just Figuring out who is driving down with me - I worry about my car getting

broken into. But maybe we just drive through the night. IF we leave @ 5 pm - there is a chance OF getting there by the Following morning. Plan For Trip.

Sunday - make sure entire car is cleaned out.

Monday - get car oil changed + checked

Tuesday - Thursday - continue to organize clothes

Friday night / Saturday - pack the car!

3/24/19

Feel overwhelmed by it all - moving but in the right direction. A full car to pack + a full week ahead. Tomorrow I head to DC for the day + then back for yoga, more packing, etc... I would like to imagine that I'll be able to get almost everything in my car. It's just the process of what I am going to take vs. what to leave behind. All my stuff getting thrown around - things @ my parents vs. things @ 608 vs. Things on my person.

I will say that sobriety is the ultimate way to go!

E is still trying to figure out his ticket home. When I get to Florida, going to dump entire contents into trash bags - I am going to have to make @ least 3 moves in next 6 months.

3/25/19

I am Feeling uneasy about it all. maybe this is how its suppose to Feel - Feeling as if this is completely normal. If I didn't have high emotions and its First day of nothing than this is to be expected. E has been distant - Feel as though Feelings changing - and For some reason Feel that it all has to do with his Ex. I've just been Feeling some type of way lately. Being w/ Athena has brightened up my week and I was going to give her back to Howard tomorrow - But when will I see my girl again. April probably. I can't believe I leave in 6 days. I am now going on Sunday - but that may change. I went to the Hamilton Hotel and saw the uniforms I designed. They look great! It is exciting to say the least but for some reason not as excited as I should be. I think its a mixture of things. I'm going to go to yoga tonight + hopefully even out a bit - let the zen in. I'm I making

The right desicion? Sometimes I feel like I'm making a mistake - that I should stick around here + do what I need out of NYC - but that also is a little late.

4.7.19

moved in + now living in Del Ray wasn't the best of nights. I used. I would like to start over + not make this a chaotic transition. But I'm getting organized and really trying to turn it around. Today is Day # 1 without the hard shit + I'd like to keep it that way.

~~[illegible]~~

Although its somewhat difficult when E is on drugs - I want to be supportive but don't know how. He will either need to detox on his own or go back to detox for a little while. I do have to be sober regardless + I really want to. I want this now more than ever. Going to go to women's Divas meeting in the am + meet with my sponsor in pm. Really trying to get my ass organized + focused.

It feels really good to be here. I feel free...

4.7.19

I'm pretty sure I'm going to make it.

4.8.19

It's been 4 days without one + 3 days without the other. I am starting to come back to life. I am not ok with whats going on - he has to make a decision that this will be the last time @ least last time here. I can't do this with him - wasn't what I signed up for. Its not fair to me or my recovery. Tomorrow I am getting up early + going to a meeting.

7.28.19

OK baby - time to buck up. I am calling in all the troops and hunker down for 3 days. Today is Friday - the start of a new weekend and I am fully ready, geared up, and in shape to take this battle on full throttle. Today I am most likely not going anywhere but I will say that tomorrow you have no choice. You are going to start working the program - following all recommendations to a T

and really - I'm ready For it.
No more talk - only action.
No weed - possibly to get me
through today but thats
medication management.
It's going to be a great real
new start - ReFresh. Hold up -
lets do the damn thing.
There is a Feeling - of the
Family I knew - certain smells -
Sounds - an overall being
wrapped up in the coziest
blanket. memories of past times -
when I Felt SaFe + perFectly
content. And that was ripped

out From me. Processing 35
years of one way and its
only be 4 years of another -
Completely new, discombobulated,
piece-meal, and Shattered.
But Its about Facing these new
emotions with grace + dignity.
Thats all I can do @ this
point.

website Relaunched

—

→ Photos Re-touched

Press Release -

Press Launch -

Tuesday, June 4th

to invite people.

Fashion installation - hire models

"Rosana"

- connect to John

- Built art on Hamilton website.

7.16.19 Thunder Moon ●

The Thunder moon is upon us - releasing old emotions and getting "clear" on what I want. The confusion + standstill "ness" seems to be lifting. I am attempting to try a different route. The route of Refuge Recovery and medical marijuana. Lately, I have been eager + excited to engage in the campaign this Fall. My mood has been stable and things starting to look "up" for me.

I am slowly recovering from my last episode. Its Day #3 and going to wait some time before jumping "in" again. It feels more organic to not focus soley on my addiction. But instead, to focus on my health + overall well-being.

7.17.19

7.17.19

This date deserve its own page + special attention! Because it has been my most productive and happiest one for a few months. why might you ask? Sober, Day #4, productive + non-stop since 9 am. It is now 4 pm. The Full moon has passed + I am really trying to remain Free today. why do you want to do Anything that lowers your vibe + makes you Feel like shit! You get 0 Done + pick your face in the mirror the entire

[redacted]

time. Straight out of Boredom. Maybe this time is telling me to slow down? I have jumped leaps + bounds to get here + why now making life complicated + stressful? why Sabatage a good thing. And its such a waste of money, time, + energy. I'm making serious progress + don't need it all to be spoiled away by one quick, rash, + brutal decision. How do I Find peace around it all? Is there peace to be Found? I am going to be tested tomorrow, Fri, ok

Sat and what lie am I going to have to tell? what do I do? It will pass. you want it to pass... keep holding tight + don't make arrangments For it again - no poking + prodding. today is day # 4 after the hardest day to overcome. well, the next few days but do you want to keep having to go through the "come through" phase - this is torture - over + over again. Stop the insanity. Put it all to rest. New moon, new attitude, new, new.

7.22.19 # 2

Here we go again! The anxiety + worry is palpable. I realize and understand that this is my journey and I need to figure it out for myself. I need to get clear and relaxed about my own recovery. I think the angry @ myself - for letting myself + my parents down. I haven't figured out my working "formula" - I don't know - I haven't truly figured it out. Giving it "up" to God hasn't been working but I guess I've also been

giving "in" to the urges. And I need to refocus my life + ra

thats the First step in getting not let this addiction destroy tem.

"clean" + "clear". Its sad me. It's all so sad. How avoid

the Feelings I have produced much time + energy goes into but

in others. My Dad cried on the same topic over + over again, really

the phone saying he has the I am going to relax, do I'm

debate in a week + "Now has what I need to + keep it

to worry about you." And he healthy! ws

cried. Maybe he knows what 11.23.19 what

is doing + it's worked but my calmer Day. I think the do

Feelings of guilt often are initial shock of my period is

overwhelming. I have to just ow out of my system. The Nose

do what is needed to stay 1 day shit period is over +

determined, strong, + healthy now its time to make some

It's now out of my system. improvements to my overall

health + wellness. It was
a beautiful day + now
absolutely pouring - thunderstorm.
I got a good night sleep +
saw jody today. Josey
cancelled. Mom + Dad in a
much better space. My heart
hurt to see them so upset.
My mindset has begun to
change in that its not about
Beating the drug test or
using around it. It's about
using the test as an additional
safeguard which I am open
to - with the understanding

that medical grade marijuana
might also be in my system.
I have to do this not to avoid
getting caught or failing but
b/c I intrinsically + internally
want to get there. I think I'm
on my way. Tomorrow's
accessibility + set-up allows
for me to partake but at what
cost to me? What does it do
for you? You end up with
the following -
Red, crusted, + fucked-up nose
Tired, lethargic, moody,
not thinking clearly
unmotivated + sad.
Isolated / shame.

why re-create what has been
done to you - b/c its the only
place that is "known" to me -
its what I've used to cope -
I made a promise. A promise
to wait to use until next
wednesday and to attend one
yoga class b/tw now + then.
It's the habit of it all -
my adversion to authority +
finding gaps in order to "trick,
fool, or get away", I think
I will continue for my
parents sake + see how the
next few weeks pan out.

But, it would be amazing if
you examined your frame or
lense - an outdated lense that
doesn't serve the woman you
want to become. The new lense
is that it doesn't work towards
your highest good. At @ least
right now - is unable to be
done with negative consequences
to health + living. It pollutes
your mind + your body - truly.
It can cause damage to
so many parts of your
beautiful body. I sense a
shift and it couldn't come

soon enough! I have so badly
wanted to quit and I know
it's a dangerous disease —
but I also know that maybe
my path isn't traditional.
I by no means ~~mean~~ mean that I
a "special", "better," or
"more important", it just
mean that maybe I try
something that resonates w/
me. And this includes —
- Short term medication mgmT
- yoga
- EMDR for resilience
- Long term psycho-tropic
- Body work
- moving my body!
- Learning
- Getting involved in my hood.

This is the winning Fx'tion
and just must be done. The
procrasination is really wearing
on me. The imposter syndrome
must go. The Feeling of not
being enough, giving enough,
doing enough. Some of that is
true - I'm not Following thru or
getting up despite ______. But
I do know that's directly linked
to useage. The issue is this —
Jamey has access + I love the
First or second "hit" But
it's downhill From there.
Stay in today. Stay Present.

7.27.19

The last week of July is upon us. what do I desire for the month of August?

(1) Getting involved in Dharma Recovery groups + abstaining for that girl for the entire month of August - continuing from July.

(2) Attend as many groups as possible + do the uncomfortable

(3) workout my Body every day

(4) meditation every day

(5) Relax into the unknown

(6) Sort thru continuing emotions

I'm ready

7.30.19 #3

Today is the day - lol - Thats my plan today. The medication is helping stay positive. yesterday it was an overwhelming urge in my body. A Restlessness So deep. what I realize is that access to any of it - finding the embers - ignites the Fire. Once the First spark its over. The house of recovery is burnt down. So - its the only way to get rid of all contacts. So I know what I must do.

The other reason is Finances —
Down to the wire.
It's a good day and I will
keep on this journey. whats the
difference this time around —
new perspective. wanting to
be well. Its that time — and
what a wonderful time it is.
The day was a wash but I
am going to keep staying clean.

1 2 3 4 (5)
Thur Fri Sat ~~Sun~~ Mon Tue

The 5th day is def the worst.
So IF I calculate this right —
The 5th day will be (Saturday)

This weekend, I want to do
something that increases my
wellness.

(1) Foundation #5
1/2 body weight ounces
10 gulps
(2) Eat breakfast Asap
(3) Reduce sodium + sugar intake
(4)

Stress Addiction has created
money issues
Dodging / having to keep stories
stress
missed Appointments
cancelling entire days due to Face
cleaning / mess
Having to lie / dodge
waiting For it + aftermath

→ Day to Day - am I going to win?
→ crazed in moment to moment

Dissfaction -

It's never enough. Always wanting more + panicking when realize it's over.

Stealing - no.

Starting lying about addiction
Since age 13
- Blantant - yes!
- Always
Lied to: mom, Dad, Howard, kids / entire Family.

Lied to myself

Extend is that haven't used or can.

Guilty or Ashamed

- Have to deal with Face
- cancelling obligations
- Putting self in dangerous situations
- spending $
- lying about tests (one more time)

worthiness
- yes, not worthy of success or my ideas about future.
- worthy of ♡
- worthy of a healthy life

Fear of being caught?

- I should have Feared it more

Resentful	why
God	taking Beau
Sarah Bailey	Body
Alyson	Body
Kelly	Boo
Hallie	Drugs + Family
Hunter	Drugs + Family
Kathleen	meanness + not being aware / judgemental
Mom	Dad
Dad	$, control
Howard	Being able to be "normal"
mom	patronizing
Cousins	copying
kids	mischaracterizing Family
Aunt	Relationship w/Dad
Erin	Andy + coolness
Juliana Harris	Dad comment Debate
News paper	Spewing garbage

Hurt

Howard	addiction, lying, having
Dad	hurting self, lying
mom	lying, not showing up
kids	Being absent
Hunter	Not backing him up
Beau	Not showing up, lying using
Friends	Not showing up, being absent
Motown	Jumping
Athena	having
John	addiction
Matt	cheating / lying
Matt	cheating, lying
Gregory	using, $

Self

- Away from love
- weight
- health
- looks
- picking at face
- Disappointing + not reliable - let self down, by letting others down
- Don't take needed actions to move forward
- Financially
- Reputation
- ability to participate in life
- lie to self "it will be different this time"
- Against value of integrity
- Hurting career path

Isolated?

That's all it did. 3 years it took before went out.

- crazy anxiety. "lost". Not known to self. Disassociated. Constant fear / anxiety

Hated / Judged

- Breasts
- Butt
- Body
- Face
- Dishonesty / not showing up
- Not being "worthy"
- Don't deserve it.
- Imposter syndrome

Envy

Kathleen - intact family
Breasts
Good ♡ - couples who have it
- Kristi-lyn
People doing it - action /
Alexa - training - wish could be that dedicated
Connection / sobriety of others - Courtney
People who can use without addiction - Iva.

Less than

- Not in awhile. But used to compare self a lot to others + think most were "better", "brighter", "more beautiful."
Kind of over it.

Superior
- not really
- was a little self-righteous during Hallie + Hunter Fiasco

Greedy - people have felt used + that only call or want to be with them in order to "use"

Needy - latching on to ♡ relationships b/c don't want to be alone

Selfish - not thinking how breaks families heart
- what I want to do
- missing important events
- not being caring or present

Need to be happy... or least you thought.

A loving Relationship + Family... My brother being alive + Family whole again
I need to make money

Misery
- looks "yuck"
- Finances!

Physical Danger

- Drinking when drunk
- Bad areas
- unknown characters

Grief / trauma

- Bullying
- Dad younger - health
- Bus driver
- Beau's death
- Rape + sexual encounters
- verbal abuse

Physically
- Not strong + healthy
- skinny
- Aging / skin
- Hair loss
- Fatigue + energy loss

Emotional

- constant depression + doubt
- Beat self up
- Always going to be sad
- no way out
- self-hatred

Disappeared -

Entirely
- all things social or active
- work + responsibilities
- Friendships left Bruised

Misfortune
- marriage

Different
- isolated + alone - connected + in love

Active/involved - isolated + not involved in anything

creating/Building - hiding + dissolving

Family - me, myself, + I

Friendships

Erica - damaged
work relationships / staff - damaged respect

Howard - lost of trust.
Stefan - absent
Brother - strangers

Sex life good - using / isolated

Self - life

Justin → not being true to my values.

8.1.19 #4

August. 2 more months in Del Ray.
I do know its time to go —
lack of excitement, movement, +
opportunity. Love miami but think
it's time to get back home
+ work on campaign. Headquarters
in Philadelphia - spent good
portion of that time on the
Road. The work is now. Nothing
Compares to that rush/high/
excitement of getting. I am
Searching for ways to escape.
I am actually pursuing chances/
times to do. Planning it all
out - like tomorrow. I have

been going at my face more
than usual. changing medications
I must work my body out.
Its almost midnight... Tomorrow
a few hours away. Will I?
I may... but whats that about?
Its about the predictability
of addiction, craving, wanting,
needing, having to have -
This is all very normal +
part of the disease. The only
way to arrest this situation
is to sustain + by sustaining
over time, that feeling
is put into remission and life
unfolds due to new situations +

activities replace. It's Fucking science + its also very true that come end of time here - Its buckle-down. But I also need to get to the head space where I am able to have Real clarity. I am struggling so hard ~~to~~ Find the will + ultimate solution to this. They say Rock Bottom - only way to come up but I don't want to get have to go that low. I guess Its like this in the beginning Feeling crazy! only Day # 4

constant Restlessness -
No excitement -

8.4.19 # 5

And again. Its like nothing I've ever seen before. The hard headedness is on another level. Like I don't think I've ever met a more stubborn human being. Is this really going to be it? Because you can't afford to continue on. Your Looks + health are at risk. It only gets worse - and once thats gone there is little to do to get ~~it~~ back. Natalie's Birthday

today. Proud of the young woman she is becoming. I feel grateful + proud to be her "auntie." The girls have been distant with me. Maybe it's my love for hallie + continued support. I can't pressure them anymore to forgive. Trying to hydrate + reboot my week ahead. Think it's fitting that Kelly would take the day. or Rather Marie. August 3rd + 30th - I kind of like the ring of all that)

Day # 2 + to be honest, I am triggered. B/c of him. There was a brief moment that I thought it might be a great idea but that quickly went away. The truth is that you so desparately want to do it differently. Have another type of relationship - but you can't. It's just not possible! Surrender to that reality + maybe things will start turning around - B/c I know thats not what you want to spend time doing - Quite the opposite - but the pull is so real.

So, I cleaned up today,
Eric hopefully goes on with
it. I think I'm going to be
home for at least a ~~week~~ month -
see how integration feels.
And I'll spend all of September
down here - focused + healthy.

8.5.19 #6

Hacked

8.12.19 #7

Really. That. was. It! It's
been a war of emotions - up's
+ downs.

8.14.19

It's when I get overwhelmed -
I tend to want to "escape"
+/or shut down. The feeling
just crept up and made me
want to "run" + smoke -
but I know thats not a
great idea/option. So instead,
I am writing about it.
I am getting anxious about
seeing Howard! It feels
a little crazy. I've been so

used to being on my own +
doing "me" + now have to
think about others. There is
anxiety + not sure where it
comes from... maybe its "Lack"
of having substances - its been
5 full days. It's been the
longest I've gone in awhile.
I think it might be good for
me to run on the treadmill.

8.30.19

I've been waiting! Silly how this
date has so much significance
in my life. But it was the day
I began the "clear vision"
journey that has lasted now for
6 years. 6 years without
drinking + somedays I miss
it + other times, most times, I
thank my lucky stars!
The 29th would be the other
date if I can hold to it.
wise intention, wise effort.
wise action. I feel like I
am able + willing - that
working girl / CEO in me - wants

to run recovery like a business
making sure I get to a meeting
everyday, workout my body,
treat body with love + care.
Do the next right/wise think.
Am I getting closer to peace +
Serenity or Farther away From it?
Tonight I will go to Refuge
Recovery + Be amongst some
Similiar peeps. I, so badly,
want to give yoga another try -
Free my body From toxins. I
think I'm going to go home on
Sunday + head back down
Sunday/monday evening.

I have a big week + one that
I am excited For - Not much
to do until Monday.

Sunday - Home in DE
- Discuss money w/parents

Monday - Shore?

Tuesday - Call Accountant Re taxes

wed -

Thurs

Fri -

Sat

Sun -

8.31.19

Todays theme was "denial" - to be compassionate for others denial + keep them safe + warm in comfort. That's what I am going to do for any. Howard is among the fishies! Day @ the beach with a book, sunscreen, + peace, went to a great NA meeting today! It was @ a local homeless shelter + I was the only woman not of color. I want to give back again. I see myself directly + positively impacting people's lives for the better. I miss my work - but I also know that, that will only happen if I'm taking care of myself. Today is technically day 4 - the next few are slightly precarious - but I am going to get through. My finances also need to be straightened out. But I am going to make movement in the financial responsible path + now that my higher power + manifestation will bring gifts + fruits to bear. Today I make + choices that positively impact me + those I ♡

9.1.19

First day of September - usually my Favorite month - The beginning of Fall. The end to a long, hot, summer. I'm still trying to put the pieces back together. Figuring out my long-term plans while also trying to stay present + remind self that I'm exactly where I need to be. There are loose ends and sad conversations ahead of me. Getting on the same page as Howard, saying goodbye to Delray, Figuring out Financial arrangments and living set-up.

It's gotten better - Don't Feel so alone however its still not where it should be. Been 3 weeks + still haven't slept with him. Entire month @ home. It's been partly circumstance + partly choice. But something has to give + sooner the better. The one thing I do know is that I spend entirely too much time on my phone - insta, FB, etc... So today I am going to take a break + not pick phone up until much later in Day.

Everything is as it should be.

I expect + accept great

abundance to come into my life.

9.3.19

This will ruin your entire life.
Caron Detox.
Tired.
Annoyed.
Feeling un-courageous
Defeated

9.4.19
Second day - Now on unit.
All the women are lovely +
Staff has been great.
Feeling anxious as tonight is
First debate on climate change.
Feeling horrible about what I
put / stress I just put my dad
through.
The idea of being 100% sober
is appealing to me but foreign.
My life sober - what does that
look like? Productive, joy, healthy,
purpose, passion,

3,	4,	5,	6,	7,	8,	9,	10,	11,	12,	13
T	W	Th	F	S	S	M	T	W	Th	F

I don't want to be here long -
14 days Feels right but will have
to see how that goes.

AHA
moment decided to use - accomplished
Something. No longer feel helpless
avoid, take action that
make me feel better

Being in control, when so
many things feel out of my
control

Relieved when make initial decision

14	15	16
S	S	M

Husband - Feeling no agency;
no say; avoiding feelings
For risk of conflict.

Spoke to Elizabeth about debate +
She said he did "great" - gave
specific details + said was
Strong. This makes me incredibly
happy! A sense of relief.
Called Howard and there was
no answer + so left a message

Right now I am just going with the flow...
Feeling sad but resigned. I am here + here is where I'm suppose to be. I am trusting that all will work out... giving it up to God. Missing both at the same time. Feeling that I so badly want to talk to Eric but know that this time + space away is good for me. It's a re-commitment, a refresher to remind myself that I'm not alone, that I don't have to continue living in the obsession. I am most likely going to experience intense cravings in day 5 or 6. But this time I will have a buffer. I won't be able to access + that two week period will be the longest I've gone in awhile. I just mapped out + the results were a little shocking. I think the longest period of abstinence has been 10 days since basically March. So what is it - its picking up the first one. Once I do that, all is downhill from there!

9.5.19
Second day @ women's unit. It was a good day... I reached my goal. I went to the gym, smoked less cigarettes, worked through reservations with AA vs. NA. August 30th will always be a special day for me. But my sobriety date is 9.4.19. I'm using Beau as my higher power. It's getting easier to comprehend 100% sobriety + my long term goal is one year of continuous sobriety. I won't have phone privlidges for another 2 days which sucks. But I guess it's better for me to truly focus on myself. The women here are amazing. I truly love them. Forming strong bonds. This just might be the real deal - only took me 15 years to get here. But better now than never.

9.6.19
Feeling less anxious today. Just a little pissed at self. Feel slightly embarrassed + silly that I'm back in this spot but ultimately it was the courageous thing to do. My goal from

Today is to continue working out + going to the gym. To hone into the "critical moments" + truly get clear on what I must do to ensure I'm not here again. That involves saying "goodbye" to some really close friends - Peter, Angela, Kiadii, Sheridan, Nick, Those are the repeat offenders. I think for a period of about 6 months I will have to stay clear of anyone who uses. I can contact via phone but not see in person. What are my "critical moments"?

- Angry at Press
- Sense of accomplishment - reward
- Feeling like I'm not being heard "powerlessness"
- Being around others who are high
- Boredom; lack of structure, Free
- "opportunity to get 72 hr time period.

9.7.19

Today was a good day + I am grateful for so much. I am finally at peace with being here knowing its the absolute best thing for me. I spoke to E today

He looks great + sounded great - saying how much he misses me. I miss him too. The Dilemma of it all - but I do know that it will work out the way it should/ will. think he is regretful of NOT staying sober + fucking our time together up. But it would have been him or me. I'm actually excited for him to go to a meeting with me. And then I have Howard coming to see me tomorrow. I am nervous + feel happy that he is coming @ the same time. I know this is my time + will not pick up under Any + All circumstances for a period of one year. Asking my higher Power for signs to help + support me in this extremely difficult ♡ △. Excited to wake up for coffee tomorrow.

9.8.19

In bed with my coffee. Had nightmares all night. Dreamt I got with Brendan who was with liz @ the time. Dreamed that people from my past were trying to kill me - The speaker

From last night + some new orleans peeps. kept getting phone calls From people who said that they wanted to kill me + was hiding all dream. Think it was Drugs that are trying to kill me today is 6 days clean + Sober.

Howard came to visit - it was lovely. First time in over a year. Sad that I've been in 3 places since then. where do we go From here? I'm not entirely sure. Talked to Eric today and he seems lost in his Future plans... afraid he will relapse... When I leave. I can't control his behaviors — I can't control anyone but myself. Today is Day # 15 + I can tell my cravings + irritability kicking in. Just gotta get through the next 19 days.

9.11.19

The past 2 days have challenged me But I'm on the mend. Howard will give me money to live For the next 6 weeks! My cold has gone to my chest - Bronchitis - I must stop smoking. Tomorrow is the day Howard + I got engaged 8 years ago. I have a great Feeling about the debate. Tomorrow is a good day + it was 8 years - it's a sign.

9.13.19

Friday, The 13th. Feeling really down today. off. Is it the date? Is it the weather? Is it the Fact that I've quit smoking? It's been 2 Full days. I quit on 9.12.19. I leave here in 5 more nights. Getting through the weekend which is all about Some down time. This will be good For me. I will read. Do work, write letters, + really try to Focus. this is my cross to bear. Giving it all over + up to God. I can't know where Howards head is @ + although I know he ♡'s

me... I just don't know if we can make it work. It sucks but there is not much I can do Right @/in this moment but pray for guidance from the universe/higher power. Feeling homesick + I think its b/c I'm not going home.

9.15.19

It's 6 am in the morning - rainy + foggy outside but bright + clear inside this head of mine. I had a pretty amazing God moment / Higher Power moment. woke up at 5:30 am and for some reason - picked up an article on the bookshelve - wasn't visible just in one of those slots. was going to read the "Judy collins" article but instead was drawn to an article wrote by "David Black"

Not only did he has the same DOC as me But he said a few things that have resonated with me more than most. He also used like I had.

Poignant Advice –

"My drug addiction was meant to turn down that kind of intensity. Whether its intense joy or intense involvement in working."

" Part of it was the intensity – which sometimes is the intolerable burden of consciousness" – It's too much!

"I didn't give up on myself."

"I knew that there would be times when I really wanted to use, but I could decide not to."

"Now I am aware of the
experience of suddenly having
a silence when the Reality
floods in everyday. It gave
me a model for experiencing
the world in a way that
the intensity, instead of being
threatening, becomes joy
producing, physiologically.
Joy + anxiety + Excitement
+ Fear - physiologically -
The same neurology is
going on. Its just that
our interpretation differs.

we describe it to ourselves
as one thing or another.
So I'm learning more +
more how to describe that
feeling not as anxiety or
fear - But as joy."
You can feel it as joy
most when you are moving
in the same direction
that God is moving in
the world."
when in opposition it feels
like fear + Anxiety.
when you're moving in the
Right Direction ↑ it feels
like joy + Bliss."

- David Black

I am Feeling intense sadness / Feeling homesick + interestingly I only have 3 more nights and two more days. I may ask IF I can leave + go home on Tuesday evening - Not too sure I should push it or Request it. whats a Few more hours although would be so nice to go home. I think its due to me not smoking - dopamine levels have plummeted. They say that day # 3 is the hardest. Although I want to look it up on the internet.

Feelings - those Mother Fuckers! I think I'm going to ask to leave on Tuesday morning / afternoon. or maybe I stay thru wednesday? Going to give it up to higher Power + ask that the Right answer come along... Kevin Lenane - veeNO - what was the Fucking point - It was too good to be true. He Fucked around with my heart + totally used me - He Loved his wife the entire time. I blocked it out - I used b/c of him + need to get honest about that with someone. I don't think

I realized the pain that was caused today. Funny how things surface. Its been a long while since I have been sober for 14 days. ~~4 5 6 7 8 9 10 11 12 13~~
~~14 15 16 17 18 19 20 21~~

~~22 23 24 25 26 27 28~~

~~29 30 1 2 3~~

(122)

9.16.19

meditation with Meredith today - She took us to the island of possibilities. It was surprising what came up for me... Howard was there + we were happy together and I had children. That was a first for me. There were children by my side + on my back and Howard was my love. There was justice, passion, clarity, respondsibility, Love, hope, and a deep sense of calm.

9.16.19 continued

I'm going to discontinue this journal after I leave here. I No longer have use of the past other than a remindue. I am heading into the future + leaving my addictions behind on magic mountain

I have learned + processed a
lot while here - in just the two
weeks I've been away. I've
learned my triggers, learned some
useful DBT skills, re-integrated
and proved to self just how good
I can be when sober, made some
good/lasting friendships, reminded
self of what needs to be done,
recommitted myself to complete
sobriety, quit smoking! It
will be one week when I
leave here + feel dealt with
some fucked up triggers/
stressors. I re-committed myself

to health + wellness. I need
to be there for the kids, for
my parents, for Howard, +
for myself. This needed to
happen + it was the perfect
timing - Divine intervention.
I will live in Beau's honor.
I will stop hurting myself.
I will stop abusing my body.
I will surrender to feeling
(F) surrender to this disease -
wholeheartedly, fully, completely,
gladly.

9.17.19
My last full day on magic Mountain
I am so grateful for this
gift of recovery. I know I
have my higher power/conciousness/
guardian angels by my side
+ for the first time feel as
though I have myself. I have
my own back.

9.18.19
It's 3 am in the morning and I
can't sleep. went to bed at 10 pm -
5 hours of sleep! I know its b/c
I had a strong cup of coffee @
4 pm and I am going "home"
today. I had a beautiful
coin out. And surprisingly, Kate
said the most profound + meaningful
words. The I have beauty +
pure muscle in that brain.
I am leaving here renewed -
Restored - re-energized for my
life. 16 days ago, I was dropped
off and now I am leaving
with more confidence + hope
than I've had in awhile.
I am so grateful for who I've
met, what I learned, and
who I am becoming without

The poison + shit polluting
my precious body.

It's been 7 days without a
cigarette + 16 days without
any substances in this body
of mine. keep going -
moving ahead to a healthier
life filled with wellness.